

BEST PRACTICE CATALOG

Project Title: **OFF-UNIT ACTIVITY PROGRAM**

Function Category: ☒ PATIENT-FOCUSED ☐ ORGANIZATION ☐ STRUCTURES

Subcategory: **Care of Patients**

Heading: **Programming**

Key Word(s): **Therapy activities**

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Hospital: **Metropolitan State Hospital**

Purpose: To provide Program II patients with therapeutic groups and activities designed to enhance competencies in a wide variety of social and independent living skills.

Brief Description: The Off-Unit Activities Program is designed to provide social skills training for twenty Program II patients who may not fully meet the criteria for the hospital's Partial Hospitalization Program. Providers from every clinical discipline provide services. They conduct groups in such areas as anger management, communication, conversation skills, creative expression, medication and symptom management, problem solving, and substance abuse. With the exception of the unit daily community meetings, patients are assigned to a small group during three blocks of treatment time, separated by breaks, Monday through Friday. Staff is drawn from Program II personnel.

Selection Basis/Criteria:

The following items are available regarding this Best Practice:

☐ Photographs ☐ Video Tape ☐ Drawings ☒ Manual

☐ Other : _____

DATE SUBMITTED: **October 8, 1998**